

BRTA NEWSLETTER

www.brta.biz

brtamembership@yahoo.com

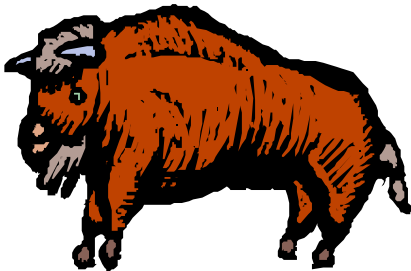
President: Al Marabella
1st VP: Thomas Giambra
2nd VP: Charles Peszynski
Treasurer: Stephen Parada

Recording Sec.: Dolores Scanlon
Corresponding Sec.:
Membership Sec.: Linda Parada
At Large: Mike Marszalek, Ophelia Nicholas,
Theresa Pope

Board Members.: Carolyn Cardarella, Josephine Cross, Russell Gervasi, Clarann Josef, Floyd Kruschke,
Cynthia Mehary, JoAnn Meyer, Ross Monteleone, Sue Nyitrai, Peter Riester

Fall Edition

October, 2014



Coming Events

Dec. 4, 2014—Holiday Luncheon
At Salvatore's Italian Gardens

Jan. 23—Feb. 5, 2015—Trip to
Thailand

Feb. 18, 2015—Trip to Toronto
for "Once"

Feb. 25, 2015—Winter Luncheon
at Windows on the Green

May—Sept., 2015—BRTA
travelling Golf League

May, 2015—Spring Luncheon at
Park Country Club

June 1—5, 2015—Trip to Cape
Cod

June 9, 2015—Don Guerra Open
at Terry Hills

Aug. 13-22, 2015—British
Landscapes Tour: England,
Scotland & Wales

Oct. 9—18, 2015—Splendid
Sicilia trip.

President's Report

The annual meeting of the New York State Retired Teachers Assn. was held Oct. 7—9, 2014 at Turning Stone Resort & Casino. The Western Zone was the largest delegation there with 44 seated, voting members. Several workshops were offered. Some had a historical theme as the Battle of Oriskany, or the Erie Canal. The New York State Teachers Retirement System also presented. Here is a small summary. Pensions are near 90% funded & Board contributions are down to 10% with the balance coming from investments. 100% funding is expected with increase in market's profitability. A Constitutional Convention is coming in 2016. This dictates the pension. It will be voted on having one or not by the public. Teachers need to vote "NO" on convention issues.

The NYS Teachers Retirement System also has funds from contributions made by those now deceased or never claimed. These funds are available to heirs & estates of these teachers. If applicable, check with Unclaimed Funds at nystsr.org or call 800-348-7298, ext. 6190

The Western Zone is no longer able to offer Health Insurance to its members. This is being dictated by the IRS. Why? It is not constituted in such a way as to make it legal. Meetings of current participants will be held at Michael's Banquet Facility, 4885 Southwestern Blvd., Hamburg, 11/8/14 @ 1 pm & at Lovejoy Community Church, 5423 Genesee, Lancaster, 11/13/14 @ 10 am.

The King of the NYS Education Dept. has been at it again: 1st currently working to reestablish Vocational Track education as a means to a Regents Diploma. I congratulate state ed on understanding that not all are college bound. Some need to work right out of high school for financial reasons.

On two of the recent statements concerning Buffalo Public Schools, I take exception. Why is the union at fault for wanting to negotiate a reasonable contract where 2 parties agree to terms? Why is the union unreasonable to expect additional pay for more hours worked?

Next, how is it reasonable for NYS Ed to open applications for charter schools only in Buffalo and not the rest of the state? Is this an attempt to influence current contract talks—cave in or more charter schools are inevitable?

We, as retired teachers, are not represented in these.. The active teachers have unions; we have no legal representations. The BTF has always done justly by us. Your health insurance may depend on it.

Al Marabella

Benefits Available to
BRTA Members

Long-term Care Insurance; BRTA Discounts on Long-term Care Insurance: 1-800-655-4899

Eyewear Discount

Eyewear Unlimited: 716-834-3511
Niagara Labmasters, Inc.
Niagara Falls, 716-297-9115
Gary Optical
Lewiston, NY 716-754-2555
Boulevard Optical
Tonawanda, NY 716-694-4388

Tires and Service

Discounts at Dunn Tire

Dental Discounts

The North Park Dental Group
716-836-2242

Vital Savings by Aetna-Mention

membership when you are inquiring about discount programs designed to help you save on dental or pharmaceuticals. 1-877 -MY-VITAL (1-800-698-4825) or www.vitalsavings.com

Ballroom, Latin, Swing and Other

Styles of Dance-Tara Scime at 716-491-0186 or TMS Dance@yahoo.com. Mention your BRTA membership and receive a discount.

Faculty Rewards-Discount Magazine

Subscriptions. Go to www.facultyrewards.com and use code 403360.

BPO-Call Ambrose Price @885-5001 for discount tickets

In Memoriam

John Bewick	April, 2014
Rosalie Amato	May, 2014
Eldora Locke	May, 2014
Linda Fields	May, 2014
Evelyn Carmita Akiwumi	July, 2014
Anita Lindner Bonn	August, 2014
Sharon Ward	August, 2014
Louise Metlak	August, 2014
Rita Josephine Parlato	August, 2014
Tom Kopera	August, 2014
Chester M. Stanko	August, 2014
Bettye A. Blackman	August, 2014
Robert Haffey	September, 2014
Herbert Lott, Jr.	September, 2014
Edgar Shoulders	September, 2014
Margaret Pantera	October, 2014

BRTA would like to acknowledge the passing of those teachers who served the children of Buffalo. If you would like to have someone included in the "In Memoriam" listings, please notify Josephine Cross @ (636-3014).

BRTA Elections

It's not too soon to be thinking about the upcoming BRTA election of officers. Nominations for all offices will be requested in the spring with the election at the Fall luncheon. If you are interested in becoming more involved in the organization, please consider serving on a committee or running for a position on the Board of Directors.

Frequently Requested Numbers

Website : www.brta-biz Email : brtamembership@yahoo.com

President: Al Marabella-635-9530

Luncheons : Ophelia Nicholas-633- I 690

Newsletter : Al Marabella-635-9530

Membership Linda Parada-875-3392

Travel: Russ Gervasi-839-5781

Friendly Service: Josephine Cross-636-3014

Health News, October 2014

In the spring of this year I joined the ranks of those diagnosed with type 2 diabetes. I had been pre-diabetic for a while and crossed over the line with that blood test. It was very upsetting to receive that diagnosis and my doctor set me up with the dietician Tricia Sauer and also a pharmacist to get a glucose monitor. Adjusting my diet has been a process that I am still working on. As my dietician, Tricia, says: "Where before you lived to eat you must now eat to live." My visits to the dietician as well as testing supplies are covered under Medicare.

Being an educator and a life-long learner, I was also fascinated to learn about this complex disease. I found that according to the American Diabetes Association 25.9 % of seniors over 65 have this disease whether diagnosed or undiagnosed. That is 11.8 million people. 86 million people over the age of 20 are pre-diabetic. Based on those numbers, of the 1,136 members of the Buffalo Retired Teachers Association who get this newsletter, 294 have or will have diabetes. That is why I thought it was important to share my story and some information about this disease. The following is taken from a packet of information I received from Tricia and talking with the pharmacist.

There are sensors in your mouth and intestine that detect when you are eating carbohydrates. They send messages to the pancreas, an organ which lies behind the stomach, telling it to produce insulin in response to carbohydrate ingestion. Insulin carries digested carbohydrates called sugar from your blood to your tissues in order to fuel you. Insulin opens the door of your tissues, allowing sugar to move out of your blood so that a normal blood sugar level is maintained, and so that your body is steadily fueled throughout the day. With diabetes, insulin produced is extremely DELAYED in performing this job, resulting in hyperglycemia—HIGH blood sugar levels.

Many people with glycemic conditions suffer from constant hunger and cravings. This is from sugar deprived tissues. After eating, diabetics do not immediately absorb the energy they consumed as explained above. Eating carbohydrates every 2-3 hours is therefore recommended because it insures that your tissues are fueled steadily despite the delay in absorption of the energy from your blood....

High blood sugars can result from over eating and under eating carbohydrates. If too few carbohydrates are consumed at a meal/snack or skipped altogether, the body will release glycogen ("back up" sugar stored in the liver and muscles) which will flood the blood with sugar.

It is important to understand that if blood sugars are elevated, the pancreas will strain to make more insulin than would be necessary were the first amount produced after carbohydrate consumption working properly. This pancreatic strain leads to pancreatic burn-out over time, and is why persons with type 2 diabetes often require insulin therapy. This need can be staved off far longer through appropriate carbohydrate management than otherwise or through medications alone....

Weight gain is a huge problem for individuals with glycemic alterations. As long as glucose levels are high, insulin levels will be excessive, and once insulin gets past its delay period and starts working, it will drag the high glucose level into tissues for energy, but also into fat cells, because the tissues are now being supplied with much more than they need. Persons can be on low calorie diets, exercising regularly and still be unable to lose weight as a result of this abnormal process of fat storage.¹

Many years of high blood sugar levels can lead to eye damage, kidney disease, heart disease, circulation problems and nerve disease, as well as digestive problems, foot amputation, blindness or sexual dysfunction. So managing this disease as early as possible can delay or prevent these devastating effects.

There are many good resources to find out more about diabetes and get help with management. American Diabetes Association (www.diabetes.org) is a great resource and there is a local office: 315 Alberta Dr. Suite 102, Buffalo, NY 14226, 716-835-0274. Erie County Department of Senior Services (www.erie2.gov) 716-858-8526 has Living Healthy Workshops for Chronic Disease, Diabetes, Self Management. They are an excellent resource with many other services that I have mentioned in past articles. Having a dietician to educate me and set me up with a diet specific to my needs was the most helpful. I meet with her periodically to monitor my progress and so far am doing well.

I hope you have found this information interesting and helpful.

¹ Type 2 Diabetes An Endocrine Disorder of Carbohydrate Metabolism by Tricia Sauer, RD, CDN

Attention Buffalo Retired Teachers!
Stay in Control of Your Finances and Your Health Care Options

Workshop Highlights:

- Learn the Difference Between Health Care and Long-Term Care
- How to Avoid Being Forced to Sell Your Assets or Surrender Your Money to Medicaid
- Review the NEW and More Restrictive Medicaid Eligibility and Asset Transfer Rules
- Avoid Depleting A Lifetime Of Savings, Investments and Assets
- Provide Yourself With Choices For Your Care
- How to Know if Long-Term Care Insurance is Right for You
- Review the Exclusive Benefits and Discounts of the BRTA LTC Insurance Plans
- Learn About The FIVE New York State Partnership For Long-Term Care Plans

Long-Term Care Insurance Workshop

For Buffalo Retired Teachers
Conducted by Stephen M. Polizzi, CMFC, CLTC, CRPS

Wednesday, November 12, 2014
4:00 PM - 5:30 PM
Buffalo Teachers Federation
271 Porter Avenue
Buffalo, NY 14201

Program is open to family members!
Snacks and refreshments will be served.



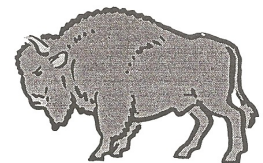
----- Save top portion as a reminder! Confirmation letters will be mailed. -----



Buffalo Retired Teachers Association

Long-Term Care Insurance Workshop

Wednesday, November 12, 2014
4:00 PM - 5:30 PM
Buffalo Teachers Federation
271 Porter Avenue
Buffalo, NY 14201



Three Ways To Register
Mail, this completed form (address and phone required) to:
SMP Agency, 1320 Buffalo Rd, Ste 211, Rochester, NY 14624
Call, 1-800-655-4899 (24 hours a day)
Online, visit www.insurancemate.com/brtaseminar.html

Name(s) _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Number Attending _____

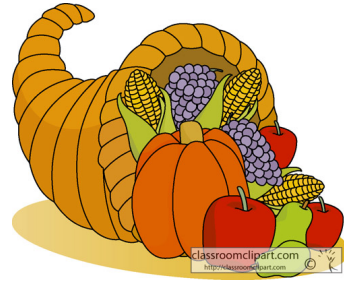
I cannot attend, but I would like more information.
Please send me an informational packet.

GOLF TOURNAMENT CHAIRMAN RETIRES



Long time tournament chairman, Ross Monteleone, has decided to step down and pass the baton to Stephen Parada. Ross was one of the founding members of the Golf Tournament with the late Don Guerra and has worked on the annual event for more than twenty years. BRTA owes a great deal of gratitude to Ross for his many years of service.

Steve has announced that the 2015 Tournament will again be held at Terry Hills Golf Course in Batavia on Tuesday, June 9, 2015. Golfers should plan on arriving no later than 12 noon, with a shotgun start at 12:30 pm. Golfers will be given either a hot dog or hamburger with a soft drink before the start and a steak dinner once the tournament is over. A round of golf with cart and free beer with dinner is all included in the price of \$85.00 per golfer. Single golfers are more than welcome along with the usual foursomes. To contact Steve for a reservation, please call 875-3392 or his e-mail at srada48@yahoo.com



Resolutions Passed at NYSRTA Convention

All of the resolutions except one, were approved at the New York State Retired Teachers Association Meeting in Verona, New York, at the annual Convention held there.

Western Zone's resolutions: CPR Training for High School Graduates, Elderly Poverty, and Funding for Education were among the approved.

Other resolutions approved were: Full Disbursement of All CFE Funding (Northeastern), Review of Resolutions (Northern), and York State Article (Southeastern). Resolution C-14-1 Improving Funding for Alzheimer's Research (Southern) was not recommended for approval because it was considered a duplication of resolution C-12.

Doris W. Kirsch is the New York State Resolutions Chairwoman. Theresa E. Pope is the Western Zone Resolutions Chairwoman; committee members are Judy Klug, Marilyn Tota, and Loretta Peszynski. Charles Peszynski is the current president of Western Zone; Doris W. Kirsch is the newly elected president.

Attention Snow Birds

Are you residing at a different address for a season or more? Would you like to receive BRTA mailings during this time? Please send the following information to Linda Parada, 23 Tremont, Kenmore, NY 14217 or call her at (716) 875-3392 .

Name _____ Will be away from _____ to _____.

New Address: _____

City, State, Zip _____

e-mail _____

Buffalo Retired Teachers Association
To Toronto
For a matinee performance of
"Once"
Wed., February 18, 2015

- Depart @ 8:00 am St. Leo's Church lot (885 Sweethome Rd. Amherst, NY)
- Round trip on deluxe motor coach.
- Arrive at Eaton Center for shopping or lunch on your own
- 2:00 Matinee performance (seats 1st floor center)
- 6:00 pm Buffet dinner @ Tuckers Marketplace, Burlington, Ont. (BRTA returns by popular demand)
- Depart for home. Note: Proof of citizenship is required to return to US. Valid passport or enhanced drivers license only.
- 10:00 pm arrive St. Leo's parking lot. (Time approx. due to traffic & customs.)

Cost: \$149.00 Total payment is due before Dec. 19, 2014. No cash refunds are available for theater performances. Sub must be found after Dec. 19th.

"Once" is a great musical production with humor and a love story, taking place in an Irish pub. There is an interactive bar on stage before the show and at intermission for those who imbibe before 6.

Please make checks payable to Buffalo Retired Teachers Association

and Mail to: BRTA Travel
P O Box 1009
Williamsville, NY 14231

Buffalo Retired Teachers Association
Presents
Cape Cod & Zion Union Heritage Museum
June 1—5, 2015

Day 1: Depart from St. Leo's Church @ 8:00 am. by Deluxe Motor Coach with stops along the way. Check-in to Cape hotel.

Day 2: Depart for guided tour of outer Cape including Eastham windmill, visitor center & seashore, the Marcone station, and Provincetown with its boutiques & galleries.

Day 3: Visit Hyannis, the JFK Museum & Memorial and the Zion Union Heritage Museum, that celebrates African American History. Enjoy a Harbor Cruise

Day 4: Visit the village of Sandwich with its museum, gardens, folk art, carousel, & vintage autos. Dinner at a local restaurant.

Day 5: Depart for home with a possible stop at the first Christmas Store.

Breakfast & Dinner are included each day.

Cost: \$449.00 per person Double. (Single add \$120.)
(Insurance is available @ \$35.)

A deposit of \$75.00 is due as soon as possible. Final Payment is due by Sat., March 22, 2015.

Please make checks payable to Buffalo Retired Teachers

Assn. and Mail to: Russell Gervsi
BRTA Travel
P O Box 1009
Williamsville, NY 14231

Please reserve _____ seats for me for "Once".

Name _____ Phone _____

e-mail address _____ My payment of \$ _____ is enclosed.

Please reserve _____ places for me on the Cape Cod Trip.

Name _____ Phone _____

Street & Number _____ City & Zip _____

e-mail address: _____

Roommate _____ Phone _____

My deposit/payment of \$ _____ is enclosed.

BPO BUFFALO PHILHARMONIC ORCHESTRA
 JO ANN FALLETTA MUSIC DIRECTOR

**2 Great Holiday Shows.
 Great Savings!**

**EXCLUSIVE 20% OFF
 NYSRTA MEMBERS**

BlueCross BlueShield
 of Western New York

Swingin'
HOLIDAY POPS



**FREE
 COFFEE & POPOVERS
 DURING THE CONCERT**
Fri. Dec. 19, 10:30AM
Fri. Dec. 19, 8PM
Sat. Dec. 20, 8PM
Sun. Dec. 21, 2:30PM

Ron Spigelman conducts this holiday tradition featuring **Sal Andolina's Big Band**, vocalist **James Tormé**, son of jazz legend Mel Tormé and Your **Buffalo Philharmonic Chorus**.



*Jingle
 Bell
 Jam*

**Sun. Dec. 14
 2:30PM**

FisherPrice
 Concert Sponsor

Make memories with your family! Holiday music, a sing-along with the orchestra, and a chance to meet Santa after the concert. Come at 1:30PM and make cards for the military.

**Call for tickets today!
 (716)885-5001 | bpo.org**

MENTION OR ENTER DISCOUNT CODE NYSRTA

Congratulations

Kudos to Tom Giambra, BRTA 1st VP, and Dolores Scanlon, BRTA Recording Secretary, who received the Western Zone Citation Award at their annual meeting at Salvatore's on September 17th. This award recognizes service to the Western Zone of NYSRTA and to the local unit, BRTA.

The National Urban Alliance is seeking retired K-12 teachers who have served as instructional coaches/professional development providers in urban schools, to serve as part-time mentors in Western New York and elsewhere. NUA mentors provide professional development services for teachers and administrators such as seminars, classroom demonstration lessons, and peer coaching. For more information please visit the NUA website; www.nuac.org. On our home page, one of the scrolling banners is: "Apply to Become a Mentor" click on it to see the qualifying criteria and if you meet or exceed it, go to the bottom of the page and click on either an elementary or secondary application link.



Sunday, November 3, 2015 is the return of Eastern Standard Time. Don't forget to check you Smoke Detector and Carbon Monoxide Detector batteries.



Buffalo Retired Teachers Association

Invites Members & Guests to attend

BRTA Holiday Luncheon

To be held at

Salvatore's Italian Gardens Restaurant

6461 Transit Rd. Depew, NY 14043

716-683-7990

Thursday, December 4, 2014

Social Hour: 11:15 Complimentary Fruit Punch & Cash Bar

Luncheon: 12:15 Choice of:
1) Filet Mignon au jus
2) Chicken Breast Francaise--egg battered with Lemon Butter & Capers
3) Poached Salmon--Served with Lobster Dill Sauce
Luncheon includes Salad, Beans, and Cheesecake & Beverage

Cost: \$26.00 for Members
\$30.00 for Non-member guests
(BRTA subsidizes the cost for members.)

Payment: Due by Monday, Nov. 24, 2014

Payable to: Buffalo Retired Teachers Association

Mail to: Ophelia Nicholas (633-1690)
9 Steinway Court
Williamsville, NY 14221

Note Bene: No cash refunds given after reservation deadline.
(Detach and mail lower portion only. Keep upper portion as your reminder)

Holiday Luncheon December 4, 2014

Please reserve _____ seat(s) for me for the Holiday Luncheon.

My Check for \$_____ is enclosed My Choice for Meal is # _____

Name _____ Phone _____

Guest Name _____ Meal Choice # _____

Guest Name _____ Meal Choice # _____

Guest Name _____ Meal Choice # _____